



## Rachel Manber, PhD

Professor of Psychiatry and Behavioral Sciences (General Psychiatry and Psychology-Adult) at the Stanford University Medical Center

 NIH Biosketch available Online

### CLINICAL OFFICES

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### Bio

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#### BIO

Dr. Rachel Manber is a behavioral sleep medicine specialist. She specializes in non-drug treatments of sleep problems in adults, youth, children, and infants. She has provided cognitive behavioral therapy (CBT) for patients with insomnia and other sleep disorders for more than 20 years. Dr. Manber has a special interest in the treating patients who have chronic long standing sleep difficulties, including those who wish to stop taking sleep medications.

#### CLINICAL FOCUS

- Cognitive Behavioral Therapy for Insomnia
- Sleep difficulties in children and teens
- Adjustment to CPAP
- Behavioral Sleep Medicine
- Sleep Medicine

#### ACADEMIC APPOINTMENTS

- Professor - Med Center Line, Psychiatry and Behavioral Sciences
- Member, Wu Tsai Neurosciences Institute

#### PROFESSIONAL EDUCATION

- PhD Training: University of Arizona (1993) AZ
- Board Certification: Sleep Medicine, American Board of Sleep Medicine
- Internship: University of Washington School of Medicine (1993) WA
- PhD, University of Arizona , Clinical Psychology (1993)

#### COMMUNITY AND INTERNATIONAL WORK

- Dissemination of CBT for Insomnia

#### LINKS

- Stanford Sleep Health and Insomnia Program: <http://insomnia.stanford.edu/>

- Insomnia Pregnancy Study: <http://med.stanford.edu/pregnancysleepstudy/>
- About insomnia: <http://knol.google.com/k/insomnia#>
- Depression and insomnia study: <http://triadstudy.stanford.edu/>
- New Book: <http://www.guilford.com/books/Treatment-Plans-and-Interventions-for-Insomnia/Manber-Carney/9781462520084promo=2E>

## Research & Scholarship

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### CURRENT RESEARCH AND SCHOLARLY INTERESTS

- 1) Insomnia during pregnancy
- 2) Acupuncture for chronic low back pain

### CLINICAL TRIALS

- Stanford Center for Back Pain, Recruiting
- The RESTING Insomnia Study, Recruiting
- Acupuncture and Massage for Depression During Pregnancy, Not Recruiting
- Acupuncture for Sleep Disruption in Cancer Survivors, Not Recruiting
- Combining Antidepressant Medication and Psychotherapy for Insomnia to Improve Depression Outcome, Not Recruiting
- Treatment for Insomnia During Pregnancy, Not Recruiting
- Treatments for Insomnia: Mediators, Moderators and Quality of Life, Not Recruiting
- TRIAD - Treatment of Insomnia and Depression, Not Recruiting

## Teaching

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### STANFORD ADVISEES

#### Doctoral Dissertation Reader (NonAC)

Maia ten Brink

### GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

## Publications

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### PUBLICATIONS

- **Cognitive Behavioral Therapy for Prenatal Insomnia: A Randomized Controlled Trial.** *Obstetrics and gynecology*  
Manber, R., Bei, B., Simpson, N., Asarnow, L., Rangel, E., Sit, A., Lyell, D.  
2019
- **Too Long, Too Short, or Too Variable? Sleep Intraindividual Variability and Its Associations With Perceived Sleep Quality and Mood in Adolescents During Naturalistically Unconstrained Sleep** *SLEEP*  
Bei, B., Manber, R., Allen, N. B., Trinder, J., Wiley, J. F.  
2017; 40 (2)
- **Are Patients with Childhood Onset of Insomnia and Depression More Difficult to Treat Than Are Those with Adult Onsets of These Disorders? A Report from the TRIAD Study** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
Edinger, J. D., Manber, R., Buysse, D. J., Krystal, A. D., Thase, M. E., Gehrman, P., Fairholme, C. P., Luther, J., Wisniewski, S., Org, N.  
2017; 13 (2): 205-213
- **Objective and subjective sleep during pregnancy: links with depressive and anxiety symptoms.** *Archives of women's mental health*  
Volkovich, E., Tikotzky, L., Manber, R.

2016; 19 (1): 173-181

- **Effects of Cognitive Behavioral Therapy for Insomnia on Suicidal Ideation in Veterans** *SLEEP*  
Trockel, M., Karlin, B. E., Taylor, C. B., Brown, G. K., Manber, R.  
2015; 38 (2): 259-265
- **Treatment Plans and Interventions for Insomnia: A Case Formulation Approach**  
Manber, R., Carney, C.  
Guilford Press.2015
- **A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia** *SLEEP*  
Ong, J. C., Manber, R., Segal, Z., Xia, Y., Shapiro, S., Wyatt, J. K.  
2014; 37 (9): 1553-U186
- **National Dissemination of Cognitive Behavioral Therapy for Insomnia in Veterans: Therapist- and Patient-Level Outcomes** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*  
Karlin, B. E., Trockel, M., Taylor, C. B., Gimeno, J., Manber, R.  
2013; 81 (5): 912-917
- **Factors Associated with Clinically Significant Insomnia Among Pregnant Low-Income Latinas** *JOURNAL OF WOMENS HEALTH*  
Manber, R., Steidtmann, D., Chambers, A. S., Ganger, W., Horwitz, S., Connelly, C. D.  
2013; 22 (8): 694-701
- **Improving sleep with mindfulness and acceptance: A metacognitive model of insomnia** *BEHAVIOUR RESEARCH AND THERAPY*  
Ong, J. C., Ulmer, C. S., Manber, R.  
2012; 50 (11): 651-660
- **PATIENT TREATMENT PREFERENCE AS A PREDICTOR OF RESPONSE AND ATTRITION IN TREATMENT FOR CHRONIC DEPRESSION** *DEPRESSION AND ANXIETY*  
Steidtmann, D., Manber, R., Arnow, B. A., Klein, D. N., Markowitz, J. C., Rothbaum, B. O., Thase, M. E., Kocsis, J. H.  
2012; 29 (10): 896-905
- **Dissemination of CBTI to the Non-Sleep Specialist: Protocol Development and Training Issues** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
Manber, R., Carney, C., Edinger, J., Epstein, D., Friedman, L., Haynes, P. L., Karlin, B. E., Pigeon, W., Siebern, A. T., Trockel, M.  
2012; 8 (2): 209-218
- **An e-mail delivered CBT for sleep-health program for college students: effects on sleep quality and depression symptoms.** *Journal of clinical sleep medicine*  
Trockel, M., Manber, R., Chang, V., Thurston, A., Taylor, C. B.  
2011; 7 (3): 276-281
- **CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
Manber, R., Bernert, R. A., Suh, S., Nowakowski, S., Siebern, A. T., Ong, J. C.  
2011; 7 (6): 645-652
- **An E-mail Delivered CBT for Sleep-Health Program for College Students: Effects on Sleep Quality and Depression Symptoms** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
Trockel, M., Manber, R., Chang, V., Thurston, A., Taylor, C. B.  
2011; 7 (3): 273-278
- **Maternal sleep and depressive symptoms Links with infant Negative Affectivity** *INFANT BEHAVIOR & DEVELOPMENT*  
Tikotzky, L., Chambers, A. S., Gaylor, E., Manber, R.  
2010; 33 (4): 605-612
- **Acupuncture for Depression During Pregnancy A Randomized Controlled Trial** *OBSTETRICS AND GYNECOLOGY*  
Manber, R., Schnyer, R. N., Lyell, D., Chambers, A. S., Caughy, A. B., Druzin, M., Carlyle, E., Celio, C., Gress, J. L., Huang, M. I., Kalista, T., Martin-Okada, R., Allen, et al  
2010; 115 (3): 511-520
- **Maternal subjective sleep quality and nighttime infant care** *JOURNAL OF REPRODUCTIVE AND INFANT PSYCHOLOGY*

- Gress, J. L., Chambers, A. S., Ong, J. C., Tikotzky, L., Okada, R. L., Manber, R.  
2010; 28 (4): 384-391
- **Faster remission of chronic depression with combined psychotherapy and medication than with each therapy alone** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*  
Manber, R., Kraemer, H. C., Arnow, B. A., Thase, M. E., Klein, D. N., Gelenberg, A. J., Trivedi, M. H., Rush, A. J., Rothbaum, B. O., Kocsis, J. H., Keller, M. E.  
2008; 76 (3): 459-467
  - **Cognitive behavioral therapy for insomnia enhances depression outcome in patients with comorbid major depressive disorder and insomnia** *SLEEP*  
Manber, R., Edinger, J. D., Gress, J. L., Pedro-Salcedo, M. G., Kuo, T. F., Kalista, T.  
2008; 31 (4): 489-495
  - **Depression symptoms during pregnancy** *ARCHIVES OF WOMENS MENTAL HEALTH*  
Manber, R., Blasey, C., Allen, J. J.  
2008; 11 (1): 43-48
  - **Characteristics of insomniacs with self-reported morning and evening chronotypes.** *Journal of clinical sleep medicine*  
Ong, J. C., Huang, J. S., Kuo, T. F., Manber, R.  
2007; 3 (3): 289-294
  - **Assessing insomnia severity in depression: comparison of depression rating scales and sleep diaries** *JOURNAL OF PSYCHIATRIC RESEARCH*  
Manber, R., Blasey, C., Arnow, B., Markowitz, J. C., Thase, M. E., Rush, A. J., Dowling, F., Kocsis, J., Trivedi, M., Keller, M. B.  
2005; 39 (5): 481-488
  - **Cognitive behavior therapy for chronic insomnia occurring within the context of medical and psychiatric disorders** *CLINICAL PSYCHOLOGY REVIEW*  
Smith, M. T., Huang, M. I., Manber, R.  
2005; 25 (5): 559-611
  - **Acupuncture: a promising treatment for depression during** *JOURNAL OF AFFECTIVE DISORDERS*  
Manber, R., Schnyer, R. N., Allen, J. J., Rush, A. J., Blasey, C. M.  
2004; 83 (1): 89-95
  - **Patients' perception of their depressive illness** *JOURNAL OF PSYCHIATRIC RESEARCH*  
Manber, R., Chambers, A. S., Hitt, S. K., McGahuey, C., Delgado, P., Allen, J. J.  
2003; 37 (4): 335-343
  - **Patient's therapeutic skill acquisition and response to psychotherapy, alone or in combination with medication** *PSYCHOLOGICAL MEDICINE*  
Manber, R., Arnow, B., Blasey, C., Vivian, D., McCullough, J. P., Blalock, J. A., Klein, D. N., Markowitz, J. C., Riso, L. P., Rothbaum, B., Rush, A. J., Thase, M. E., Keller, et al  
2003; 33 (4): 693-702
  - **Cognitive Behavioral Therapy for Insomnia in Depression** *SLEEP MEDICINE CLINICS*  
Asarnow, L. D., Manber, R.  
2019; 14 (2): 177-+
  - **Increased high-frequency NREM EEG power associated with mindfulness-based interventions for chronic insomnia: Preliminary findings from spectral analysis** *JOURNAL OF PSYCHOSOMATIC RESEARCH*  
Goldstein, M. R., Turner, A. D., Dawson, S. C., Segal, Z., Shapiro, S. L., Wyatt, J. K., Manber, R., Sholtes, D., Ong, J. C.  
2019; 120: 12-19
  - **Increased high-frequency NREM EEG power associated with mindfulness-based interventions for chronic insomnia: Preliminary findings from spectral analysis.** *Journal of psychosomatic research*  
Goldstein, M. R., Turner, A. D., Dawson, S. C., Segal, Z. V., Shapiro, S. L., Wyatt, J. K., Manber, R., Sholtes, D., Ong, J. C.  
2019; 120: 12-19
  - **Circadian Preference as a Moderator of Depression Outcome Following Cognitive Behavioral Therapy for Insomnia Plus Antidepressant Medications: A Report From the TRIAD Study.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*  
Asarnow, L. D., Bei, B., Krystal, A., Buysse, D. J., Thase, M. E., Edinger, J. D., Manber, R.  
2019; 15 (4): 573-80
  - **SUBJECTIVE SLEEP QUALITY IN POSTPARTUM WOMEN ENROLLED IN A STUDY OF CBT FOR INSOMNIA**

- Faerman, A., Simpson, N., Rangel, E., Manber, R.  
OXFORD UNIV PRESS INC.2019
- **STRESS, SLEEP, AND COPING SELF-EFFICACY IN ADOLESCENTS**  
ten Brink, M., Lee, H., Manber, R., Gross, J., Yeager, D.  
OXFORD UNIV PRESS INC.2019
  - **ACTIGRAPHY MEASURES OF MATERNAL SLEEP DISRUPTION ARE ASSOCIATED WITH THE INABILITY TO SUSTAIN SENSITIVE CAREGIVING IN THE POSTPARTUM PERIOD**  
Rangel, E., King, L., Simpson, N., Manber, R.  
OXFORD UNIV PRESS INC.2019
  - **CBT FOR PERINATAL INSOMNIA - POSTPARTUM OUTCOME**  
Manber, R., Bei, B., Rangel, E., Simpson, N., Asarnow, L.  
OXFORD UNIV PRESS INC.2019
  - **The power of pooled analyses to inform about the effects of CBTI on outcomes beyond sleep.** *Sleep medicine reviews*  
Manber, R.  
2019; 43: 131–32
  - **Circadian Preference as a Moderator of Depression Outcome Following Cognitive Behavioral Therapy for Insomnia Plus Antidepressant Medications: A Report From the TRIAD Study** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
Asarnow, L. D., Bei, B., Krystal, A., Buysse, D. J., Thase, M. E., Edinger, J. D., Manber, R.  
2019; 15 (4): 573–80
  - **Cognitive Behavioral Therapy for Insomnia in Depression.** *Sleep medicine clinics*  
Asarnow, L. D., Manber, R.  
2019; 14 (2): 177–84
  - **Central mechanisms of real and sham electroacupuncture in the treatment of chronic low back pain: study protocol for a randomized, placebo-controlled clinical trial.** *Trials*  
Kong, J., MacIsaac, B., Cogan, R., Ng, A., Law, C. S., Helms, J., Schnyer, R., Karayannis, N. V., Kao, M., Tian, L., Darnall, B. D., Gross, J. J., Mackey, et al  
2018; 19 (1): 685
  - **A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia: Effects on Daytime Symptoms and Cognitive-Emotional Arousal** *MINDFULNESS*  
Ong, J. C., Xia, Y., Smith-Mason, C. E., Manber, R.  
2018; 9 (6): 1702–12
  - **Sleep complaints, regardless of insomnia, are associated with worse sleep and mental health during pregnancy**  
Lee, J. J., Shen, L., Neemia, D., Fulgoni, C., Manber, R., Bei, B.  
WILEY.2018
  - **THE THERAPEUTIC RELATIONSHIP MATTERS: WORKING ALLIANCE QUALITY AS A PREDICTOR OF POST-TREATMENT INSOMNIA SEVERITY IN COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)**  
Robertson, K., Mogharreban, N., Seeman, S., Simpson, N., Asarnow, L., Rangel, E., Manber, R.  
OXFORD UNIV PRESS INC.2018: A151–A152
  - **SLEEP COMPLAINTS, REGARDLESS OF INSOMNIA DISORDER, ARE ASSOCIATED WITH WORSE SLEEP AND MENTAL HEALTH OUTCOMES DURING LATE PREGNANCY.**  
Lee, J., Shen, L., Neemia, D., Fulgoni, C., Manber, R., Bei, B.  
OXFORD UNIV PRESS INC.2018: A138
  - **PREDICTORS OF INITIATION AND ATTENDANCE IN COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I) AMONG LATINA AND NON-LATINA CAUCASIAN PREGNANT WOMEN**  
Rangel, E., Simpson, N., Asarnow, L., Manber, R.  
OXFORD UNIV PRESS INC.2018: A152
  - **THE EFFECTS OF CBTI plus TIPS ON MATERNAL COGNITIONS ABOUT INFANT SLEEP AND INFANT NIGHTTIME SLEEP DURATION**  
Seeman, S., Asarnow, L., Robertson, K., Rangel, E., Simpson, N., Manber, R.  
OXFORD UNIV PRESS INC.2018: A152

- **INFLUENCE OF PRE-SLEEP POSITIVE AFFECT ON NEXT-MORNING ENERGY**  
ten Brink, M., Quoidbach, J., Taquet, M., Gross, J., Manber, R.  
OXFORD UNIV PRESS INC.2018: A71–A72
- **COGNITIVE BEHAVIORAL THERAPY IS EFFECTIVE FOR INSOMNIA DURING PREGNANCY: A RANDOMIZED CONTROLLED TRIAL IN AN ETHNICALLY DIVERSE SAMPLE**  
Manber, R., Bei, B., Norah, S., Asarnow, L., Rangel, E.  
OXFORD UNIV PRESS INC.2018: A154
- **A BRIEF, AUTOMATED COGNITIVE BEHAVIORAL PROGRAM PREVENTS SLEEP DISTURBANCE AND INSOMNIA IN LATE PREGNANCY: A RANDOMIZED CONTROLLED TRIAL**  
Bei, B., Neemia, D., Shen, L., Fulgoni, C., Blumfield, M. L., Drummond, S. P., Newman, L. K., Manber, R.  
OXFORD UNIV PRESS INC.2018: A151
- **INFANT SLEEP LOCATION AND ASSOCIATION WITH MATERNAL AND INFANT SLEEP IN LATINA AND NONLATINA FAMILIES**  
Rubens, S. L., Simpson, N., Rangel, E., Manber, R.  
OXFORD UNIV PRESS INC.2018: A305
- **WHERE YOU SLEEP IS MORE IMPORTANT THAN WHAT YOU DO THERE: RELATIONSHIPS BETWEEN SLEEP ENVIRONMENT AND INSOMNIA SEVERITY DURING PREGNANCY**  
Simpson, N., Rubens, S., Rangel, E., Manber, R.  
OXFORD UNIV PRESS INC.2018: A265–A266
- **DAYTIME INSOMNIA SYMPTOMS NEGATIVELY PREDICT ANHEDONIA IN PATIENTS WITH COMORBID MAJOR DEPRESSIVE DISORDER AND INSOMNIA DISORDER**  
Osorno, R. A., Kaplan, K., Krystal, A., Buysse, D., Edinger, J., Manber, R.  
OXFORD UNIV PRESS INC.2018: A361–A362
- **CBT-I ENHANCES DEPRESSION OUTCOME AMONG INDIVIDUALS WITH EVENING CHRONOTYPE**  
Asarnow, L. D., Bei, B., Krystal, A., Buysse, D. J., Thase, M. E., Edinger, J. D., Manber, R.  
OXFORD UNIV PRESS INC.2018: A238
- **Treating Insomnia in Depression: Insomnia Related Factors Predict Long-Term Depression Trajectories** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*  
Bei, B., Asarnow, L. D., Krystal, A., Edinger, J. D., Buysse, D. J., Manber, R.  
2018; 86 (3): 282–93
- **Cognitive Behavioral Therapy for Menopausal Insomnia in Midlife Women with Insomnia and Nocturnal Hot Flashes**  
Nowakowski, S., Manber, R., Meers, J. M., Stout-Aguilar, J. S., Hayman, J. M., Sadruddin, S. M., Thurston, R.  
LIPPINCOTT WILLIAMS & WILKINS.2017: 1434
- **Effects of Cognitive Behavioral Therapy for Menopausal Insomnia on Depressive Symptoms**  
Nowakowski, S., Heimbach, E. K., Manber, R., Sadruddin, S. M., Hayman, J. M., Stout-Aguilar, J. S., Meers, J. M., Thurston, R.  
LIPPINCOTT WILLIAMS & WILKINS.2017: 1428–29
- **TREATING INSOMNIA IN DEPRESSION: INSOMNIA CHARACTERISTICS PREDICT DEPRESSION TRAJECTORIES DURING TREATMENT AND 2-YEAR FOLLOW-UP**  
Bei, B., Asarnow, L., Krystal, A., Edinger, J., Buysse, D., Manber, R.  
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- **Side Effects to Antidepressant Treatment in Patients With Depression and Comorbid Panic Disorder.** *journal of clinical psychiatry*  
Shankman, S. A., Gorka, S. M., Katz, A. C., Klein, D. N., Markowitz, J. C., Arnov, B. A., Manber, R., Rothbaum, B. O., Thase, M. E., Schatzberg, A. F., Keller, M. B., Trivedi, M. H., Kocsis, et al  
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- **Characterization of Patients Who Present With Insomnia: Is There Room for a Symptom Cluster-Based Approach?** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*  
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- **Change in Patients' Interpersonal Impacts as a Mediator of the Alliance-Outcome Association in Treatment for Chronic Depression** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*  
Constantino, M. J., Laws, H. B., Coyne, A. E., Greenberg, R. P., Klein, D. N., Manber, R., Rothbaum, B. O., Arnow, B. A.  
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Edinger, J. D., Manber, R., Buysse, D. J., Krystal, A. D., Thase, M. E., Gehrman, P., Fairholme, C. P., Luther, J., Wisniewski, S.  
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- **Efficacy of Cognitive-Behavioral Therapy for Insomnia Combined With Antidepressant Pharmacotherapy in Patients With Comorbid Depression and Insomnia: A Randomized Controlled Trial.** *journal of clinical psychiatry*  
Manber, R., Buysse, D. J., Edinger, J., Krystal, A., Luther, J. F., Wisniewski, S. R., Trockel, M., Kraemer, H. C., Thase, M. E.  
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- **Beyond the mean: A systematic review on the correlates of daily intraindividual variability of sleep/wake patterns** *SLEEP MEDICINE REVIEWS*  
Bei, B., Wiley, J. F., Trinder, J., Manber, R.  
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- **Convergence in patient-therapist therapeutic alliance ratings and its relation to outcome in chronic depression treatment.** *Psychotherapy research*  
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- **Examining the Variability of Sleep Patterns during Treatment for Chronic Insomnia: Application of a Location-Scale Mixed Model** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
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- **CBT-I Coach: A Description and Clinician Perceptions of a Mobile App for Cognitive Behavioral Therapy for Insomnia** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
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- **National evaluation of the effectiveness of cognitive behavioral therapy for insomnia among older versus younger veterans.** *International journal of geriatric psychiatry*  
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- **Vii. Infant sleep development from 3 to 6 months postpartum: links with maternal sleep and paternal involvement.** *Monographs of the Society for Research in Child Development*  
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- **SMART DOCS: A New Patient-Centered Outcomes and Coordinated-Care Management Approach for the Future Practice of Sleep Medicine** *SLEEP*  
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2015; 38 (2): 315-?
- **A step towards stepped care: Delivery of CBT-I with reduced clinician time** *SLEEP MEDICINE REVIEWS*  
Manber, R., Simpson, N. S., Bootzin, R. R.  
2015; 19: 3-5
- **The Relationship Between Beliefs About Sleep and Adherence to Behavioral Treatment Combined With Meditation for Insomnia** *BEHAVIORAL SLEEP MEDICINE*  
Cvengros, J. A., Crawford, M. R., Manber, R., Ong, J. C.  
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- **SMART DOCS: a new patient-centered outcomes and coordinated-care management approach for the future practice of sleep medicine.** *Sleep*  
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- **Chronotype and Improved Sleep Efficiency Independently Predict Depressive Symptom Reduction after Group Cognitive Behavioral Therapy for Insomnia** *JOURNAL OF CLINICAL SLEEP MEDICINE*  
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- **Response to Kawada.** *Sleep medicine*  
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Fairholme, C. P., Manber, R.  
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- **Cognitive Behavioral Therapy for insomnia with veterans: Evaluation of effectiveness and correlates of treatment outcomes.** *Behaviour research and therapy*  
Trockel, M., Karlin, B. E., Taylor, C. B., Manber, R.  
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- **Who is at risk for having persistent insomnia symptoms? A longitudinal study in the general population in Korea.** *Sleep medicine*  
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Arnow, B. A., Steidtmann, D., Blasey, C., Manber, R., Constantino, M. J., Klein, D. N., Markowitz, J. C., Rothbaum, B. O., Thase, M. E., Fisher, A. J., Kocsis, J. H.  
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